

Chronic Pain, Inflammation and Acidity
Dr. Garry Gordon, MD, DO, MD(H)

100 million Americans suffer from persistent chronic pain, and a recent health report in the New York Times states that most EVERYONE will experience, or be living with, some level of chronic pain by the age of 30!

Chronic pain is described as recurrent pain that lasts longer than three to six months. It is closely associated with chronic, “silent” inflammation, which is recognized today to be a root cause of heart disease, cancer, osteoporosis, Alzheimer’s, Type 2 diabetes, and many auto-immune disorders such as rheumatoid arthritis, Crohn’s disease, Guillan-Barre Syndrome, Lupus, Multiple Sclerosis, and psoriasis. Chronic inflammation is also underlying many of the debilitating conditions associated with aging, including those experienced during perimenopause/menopause and other hormonal imbalances.

Non-steroidal anti-inflammatory drugs (NSAIDs), e.g. aspirin and ibuprofen, are the most common treatments being used for pain relief by nearly 30 million people everyday. Although initially good at “blocking” pain, they’re effectiveness in relieving chronic pain diminishes over time, and they end up doing a lot more harm to your body... having numerous side effects and adverse reactions upon the digestive system, nervous system, immune system, liver and kidneys. It is reported that long-term NSAID use causes nearly 103,000 hospitalizations and 16,500 deaths in the U.S. every year.

In the world of chronic pain and illness, it is not uncommon for one to fall into the dangerous trap of becoming overly focused on a single cause for a presenting condition. Unfortunately, any chronic illness almost never has one cause, and thus, it rarely has one solution – which is why I developed my FIGHT For Your Health Program. FIGHT stands for Food, Focus, Infections, Genetics (epigenetics), Heavy metals, Hormones, and Toxins. As I teach my patients, by addressing each one of these areas concurrently, we are safely and effectively helping our bodies to heal themselves from the underlying, root conditions of any illness or disease, including chronic pain.

Our bodies were designed to be healthiest with a slightly alkaline 7.34 pH. Diet and lifestyle definitely play a role in inflammation and pain, and medical experts agree that pH balance is a key factor in controlling inflammation. Overly processed foods, chlorine and fluoride in our water, pollution, toxins, little or no exercise, inadequate sleep and mental/emotional stress, all contribute to the body becoming overly acidic - directly resulting in most illnesses and disease including cancer. Following my FIGHT program will reverse acidity and help restore healthy pH balance. Cleaning up our diets and supplementing with quality vitamins, herbs and minerals that have anti-inflammatory properties, will reduce systemic inflammation and chronic pain.

Anti-inflammatory foods to incorporate in your diet should include lots of fresh fruits and vegetables, such as apples, avocados, blueberries, fresh pineapple, lemons and papaya, bell peppers, Bok Choy, broccoli, cabbage, green beans, onions, garlic, spinach sweet potatoes. Seaweeds such as kelp, kombu, bladderwrack, wakami, and nori are also excellent to add to your diet. Many of these foods are also powerful anti-oxidants, containing phytochemicals which help to detoxify the body as well. A simple and affordable way to incorporate many of these foods into your diet is to use 'Dr. Gordon's Organic Best of Greens' powdered dietary supplement for pH balance.

Another important dietary modification is limiting the intake of red meats and full-fat dairy products, while increasing your consumption of fish such as Cod, Halibut, Salmon, and Sardines. Wild-caught, cold water fishes, are a great source of omega 3 essential fatty acids, which have been proven to reduce inflammation. If you aren't a fan of fish or have an allergy or intolerance to seafood, there are excellent omega-3 supplements available, and you should look for those that have an EPA/DHA ration of 300/200. I recommend taking at least 1000 mg of fish oil twice a day.

One of the most powerful herbs that is proven to aid in the battle against pain and inflammation is Turmeric, or Curcumin. Curcumin is the primary ingredient in curry dishes and it is the constituent that gives turmeric its distinctive yellow-orange color. Traditionally used for centuries in Chinese and Ayurvedic medicine, curcumin is a safer treatment for pain and inflammation than non-steroidal anti-inflammatories (NSAIDs) and other analgesics. Curcumin does not bring with it the risk of cardiovascular, gastrointestinal or liver damage that is common with conventional NSAID treatments.

An informative, and truly useful resource to have for learning about the safest and most effective alternatives in the treatment of chronic pain, is an exciting new book entitled 'Miracle Pain Secrets', by Tony O'Donnell, N.D. "Dr. Tony" is world renowned for his passion and guidance in preventative medicine, and he is highly sought after for his treatments utilizing natural remedies. Copies of 'Miracle Pain Secrets' are available through Amazon.com, or by calling 818-591-9355.

For more information about recommended supplements, and how my FIGHT For Your Health Program can help you to free yourself from chronic pain and inflammation, please visit the Gordon Research Institute website at www.gordonresearch.com.

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